WONDERMIX

OWNER'S MANUAL WITH OPERATING INSTRUCTIONS AND RECIPE BOOK

Congratulations!

You have just purchased the AMAZING WonderMix!

The WonderMix is durable and will last for years with proper use and care.

We at Brownwick LLC/WonderMix Products have a high commitment to the quality of the WonderMix and its attachments. We take pride in the fact that our product will provide you with the ability to make nutritious, time-saving recipes. Please read this booklet thoroughly to familiarize yourself with the WonderMix and its many uses.

WONDERMIX Products

Brownwick LLC

Pocatello, ID

Designed, Engineered and Licensed in West Germany

www.wondermix.com

service@wondermix.com

© 2014 Brownwick LLC

Brownwick LLC

STATEMENT OF LIMITED PRODUCT WARRANTY

WONDERMIX SMALL DOMESTIC APPLIANCE

What this Warranty Covers & Who it Applies to: The limited warranty provided WonderMix home appliances in this Statement of Limited Product Warranty applies only to the WonderMix ("Product") sold to you, the original purchaser, as long as the Product was purchased: (1) for normal, household (non-commercial) use, and has only been used for normal household purposes; (2) A new machine (not a display, "as is", or previously returned model), and not for resale, or commercial use; and (3) within the United States or Canada, . The warranties stated herein apply only to the original purchaser of the Product and are not transferable. This Warranty requires you to pay postage and handling both to the warranty center as well as the return shipping.

How Long the Warranty Lasts: WonderMix warrants that the Product is free from defects in materials and workmanship for a period of **(1) YEAR FROM THE DATE OF PURCHASE. On all parts and labor except the motor and transmission assembly, which have a 3 year warranty on parts.** The foregoing timeline begins to run upon the date of purchase, and shall not be extended, or suspended, for any reason whatsoever.

Repair/Replace as Remedy: During this warranty period, WonderMix authorized service providers will repair your Product without charge to you (subject to certain limitations stated herein) if your machine proves to have a defect in materials or workmanship. If reasonable attempts to repair the Product have been made without success, then WonderMix will replace your Product (upgraded models may be available to you, at WonderMix's sole discretion, for an additional charge). All removed parts and components shall become the property of WonderMix. All replaced and/or repaired parts shall assume the identity of the original part for purposes of this warranty and this warranty shall not be extended with respect to such parts. WonderMix's sole liability and responsibility hereunder is to repair manufacturer-defective Product only, using a WonderMix-authorized service provider during normal business hours. For safety and property damage concerns, WonderMix highly recommends that you do not attempt to repair the Product yourself, or use an un-authorized servicer; WonderMix will have no responsibility or liability for repairs or work performed by a non-authorized servicer. If you choose to have someone other than an authorized WonderMix service provider work on your Product, <u>THIS WARRANTY WILL AUTOMATICALLY BECOME NULL AND VOID.</u>

Out of Warranty Product: WonderMix is under no obligation, at law or otherwise, to provide you with any concessions, including repairs, pro-rates, or Product replacement, once this warranty has expired.

Warranty Exclusions: The warranty coverage described herein excludes the drive shaft and the whips. The warranty coverage described herein also excludes all defects or damage that are not the direct fault of WonderMix, including without limitation, one or more of the following: (1) use of the Product in anything other than its normal,

customary and intended manner (including without limitation, any form of commercial use, use or storage of an indoor product outdoors,; (2) any party's willful misconduct, negligence, misuse, abuse, accidents, neglect, improper operation, failure to maintain, improper or negligent installation, tampering, failure to follow operating instructions, mishandling, unauthorized service (including self-performed "fixing" or exploration of the appliance's internal workings); (4) adjustment, alteration, or modification of any kind; (5) ordinary wear and tear, spills of food, liquid, grease accumulations, or other substances that accumulate on, in, or around the Product; and (7) any external, elemental and/or environmental forces and factors, including without limitation, freezing temperatures, excessive moisture or extended exposure to humidity, lightning, power surges, structural failures surrounding the appliance, and acts of God. In no event shall WonderMix have any liability or responsibility whatsoever for damage to surrounding property, including cabinetry, floors, ceilings, and other structures or objects around the Product. Also excluded from this warranty are scratches, nicks, minor dents, and cosmetic damages on external surfaces and exposed parts; Products on which the serial numbers have been altered, defaced, or removed. **TO THE EXTENT ALLOWED BY THE LAW, THIS WARRANTY SETS OUT YOUR EXCLUSIVE REMEDIES WITH RESPECT TO PRODUCT, WHETHER THE CLAIM ARISES IN CONTRACT OR TORT (INCLUDING STRICT LIABILITY, OR NEGLIGENCE) OR OTHERWISE. THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, WHETHER EXPRESS OR IMPLIED. ANY WARRANTY IMPLIED BY LAW, WHETHER FOR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OR OTHERWISE, SHALL BE EFFECTIVE ONLY FOR THE PERIOD THAT THIS EXPRESS LIMITED WARRANTY IS EFFECTIVE. IN NO EVENT WILL THE MANUFACTURER BE LIABLE FOR CONSEQUENTIAL, SPECIAL, INCIDENTAL, INDIRECT, "BUSINESS LOSS", AND/OR PUNITIVE DAMAGES, LOSSES, OR EXPENSES, INCLUDING WITHOUT LIMITATION TIME AWAY FROM WORK, HOTELS AND/OR RESTAURANT MEALS, REMODELING EXPENSES IN EXCESS OF DIRECT DAMAGES WHICH ARE DEFINITIVELY CAUSED EXCLUSIVELY BY WONDERMIX, OR OTHERWISE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, AND SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.** No attempts to alter, modify or amend this warranty shall be effective unless authorized in writing by an officer of Brownwick LLC.

How to Obtain Warranty Service: To obtain warranty service for your Product, you should go to www.wondermix.com. Click on "Warranty Service" and follow the directions for obtaining warranty service. Or call 208-234-9352

Contents

The All-In-One WonderMix	Page 8
Technical Data	Page 8
WonderMix Features	Page 9
Components	Page 9
Use and Care	Page 10
Caution	Page 11
Cleaning	Page 11
Operating Instructions	Page 12
Attachment Descriptions	Pages 12-14
Assembly Instructions	Pages 15-18
Mixing Tips	Page 19
Blending Tips	Page 19
Bread Making Tips	Page 20
Almond Flour	Page 21

WonderMix Recipes

Appetizers and Side Dishes

Big John's Blender Salsa	Page 21
Catharina's Pear Jello Salad	Page 21
Grandmother Huntsman's Coleslaw	Page 22

Dressings, Dips and Sauces

Buttermilk Ranch Dressing Page 22
Honey-Roasted Peanut Butter Page 23
Wonder Pesto Page 23

Beverages

Cantaloupe Refresher Page 23
Frozen Tropical Fruit Drink Page 24
Orange Julius Page 24

Breads

14 Grain Bread Pages 24-25
100% Whole Wheat Bread Pages 25-26
Ezekiel Bread Pages 26-27
French Bread Page 27
Not Your Mama's Cornbread Page 28
Nutritious White Wonder Bread Page 28-29
Cinnamon Roll Variation Pages 29-30
Whole Wheat Tortillas Pages 30

Breakfast

Blender Pancakes Pages 30-31
Grandma Elaine's Granola Page 31

Hootenannies (German Pancakes) Page 31-32
Syrup Page 32
Big John's "Movin'" Bran Muffins Page 32

Main Dishes

Cheesy Potatoes Page 33
Mari Carmen's Spanish Gazpacho Page 33
Parmesan Pesto Pasta Page 34
Steak and Bacon Burgers Pages 34-35

Cookies

Aunt Sophie's Cream Cheese Cookies Page 35
Chocolate Chip Wonder Cookies Pages 36-37
Jace's "Gingerbread for Boys and Cookies" Pages 37-38
World's Best Sugar Cookies Page 38

Desserts

Arlene's Lemon Poppy Seed Bundt Cake Page 39
Aunt Cathie's Devil's Food Cake Page 39
Grandma Elaine's Banana Bread Page 40
One Egg White Meringue Page 40
One Minute Wonder Mousse Page 40
Whipped Cream Page 41
Venna Smart's Apple Crisp Page 41

Gluten-Free Recipes

Almond Flour Pumpkin Bread	Pages 42
Brazilian Cheese Puffs	Pages 42-43
Chef Brad's Gluten-Free Rice Bread	Page 43
Dutch Almond Wafers	Pages 44
Make Your Own Almond Flour	Page 45

The All-In-One WonderMix

The WonderMix is an extremely versatile all-purpose appliance. Additionally, with the optional attachments, it virtually replaces all other small kitchen appliances. The optional attachments include cookie whips, blender, and food processor.

Its commercial quality motor and construction can tackle even the heaviest jobs and not burn out or have to be shut down to cool in the middle of a recipe. The attachments are easy to install and use.

Before you begin, please read these important instructions

- DO NOT operate this machine with the motor unit in water or any other liquid.
- Unplug when not in use and while cleaning.
- Keep fingers, hands, hair and clothing away from moving parts.
- Keep spatulas and other utensils away from beaters and blender blades while operating to prevent injury or damage to the machine. A spatula should be used only when the machine is off and the moving parts have stopped completely.
- Use only the attachments manufactured and recommended for this machine.
- No unsupervised child should operate the WonderMix.
- Do not use outdoors.

Technical Data

The WonderMix is one of the most powerful kitchen machines you can buy. The 900 watt motor will never overheat or stall on any speed under normal use. A low center of gravity and balance enables the WonderMix to stay in place and not “walk” off the countertop. The WonderMix will draw only the maximum power for the attachment being used. This conserves energy and saves money on electricity.

WonderMix Features

Open your WonderMix package and unpack all of the components. Check off the parts to make sure everything in included in the box. Save the box and packing material for service shipment and storage.

Components

1 - Lid

2 - Dough Hook

3 - Dough Divider

4 - Bowl

5 - Drive Shaft – (2 are included, 1 as a spare)

6 - French Whip Assembly

7 - Power Base

8 - Safety Cover

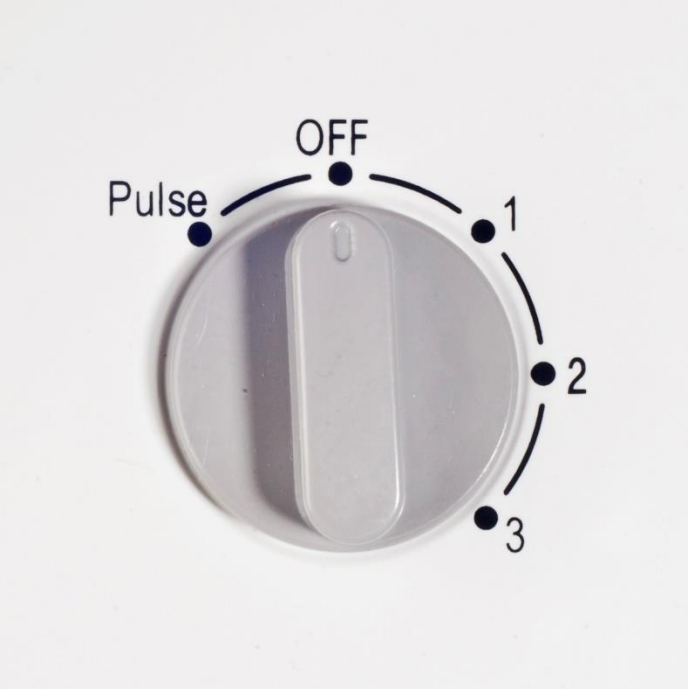
9 - Blender Cap (optional)

10 - Blender Lid (optional)

11 – Blender (optional)

12 - Cookie Whips (optional)

Use and Care



Plug the WonderMix into any 120v outlet. Turn the machine on. The dial on the front is marked “Pulse OFF 1 2 3”. SPEED 1 is the slow, incorporating speed. SPEED 2 is the mixing speed. SPEED 3 is the faster, power speed. The Pulse feature is for controlling the folding in or sifting of ingredients, especially dry ingredients. When you are finished with the machine, turn the dial to OFF.

NEVER PUT YOUR HAND OR A UTENSIL IN THE BOWL WHILE THE MOTOR IS RUNNING!

Do not operate machine with both the bowl and blender units positioned on their drive ports. This will damage the motor.

The WonderMix should never have internal maintenance performed by anyone but Brownwick LLC. The motor and gears are permanently lubricated. Taking apart the motor unit or performing unnecessary maintenance will void the warranty.

Caution

Check the mixing bowl before turning on the machine to make sure no objects or attachments are stored in the bowl.

Always turn the mixer OFF before removing or changing attachments.

Always use the safety cover on the exposed drive port.

If the blender blades become blocked and won't turn, turn the motor off and remove the blender. Use a wooden spoon or spatula to loosen the blades. **DO NOT USE YOUR FINGERS.**

Cleaning

To clean the WonderMix, use a soft cloth and liquid dish soap, to clean the housing. Do not use harsh chemicals, cleaners or pads on the housing.

DO NOT IMMERSE THE MOTOR UNIT IN ANY WATER OR LIQUID.

All attachments are top-rack dishwasher safe.

To clean the air vents, vacuum or wipe with clean cloth.

Never dry parts in the oven, on a hot stove top or over a gas flame.

Operating Instructions

To break in your WonderMix, run it for five minutes without any attachments. This will seat the gears in the high-torque motor transmission.

Place the WonderMix on a level surface near the electrical outlet. Open the door on the bottom and pull out as much of the cord needed to reach the outlet. Close the door and set the machine in place, making sure that the air vents are clear and can circulate air.

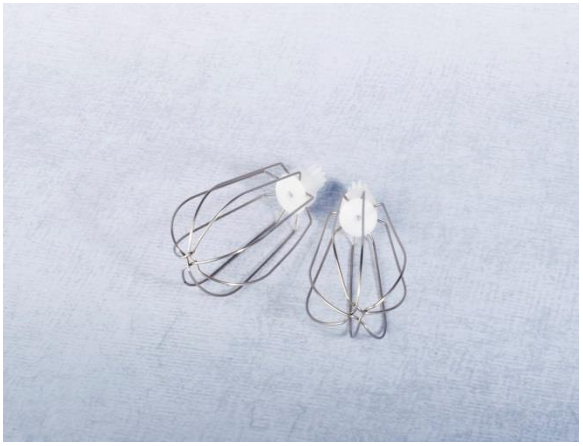
Make sure the mixer switch is in the off position before installing any of the attachments. The Power Drive Port (A) can be used for the mixing bowl and optional attachments such as the food processor, meat and food grinder and the flaker mill. The Top Drive Port (B) is used for the blender. Lock the accessories into place by turning them counter-clockwise on the ports until they click. Cover the port not being used with the safety cover.

Attachment Descriptions

The standard attachments included with the WonderMix are the Dough Hook, Dough Divider, French Whips and Mixing Bowl. Wash attachments in dish soap and water before their first use.

Dough Hook and Dough Divider

The WonderMix Dough Hook and Divider and the unique shape of the mixing bowl kneads bread quickly while developing 100% of the gluten in 5 minutes. The Dough Hook and Divider can also be used for large batches of cookie dough and pasta dough. (See pages 15 and 16 for assembly and operating instructions)



French Whip Assembly

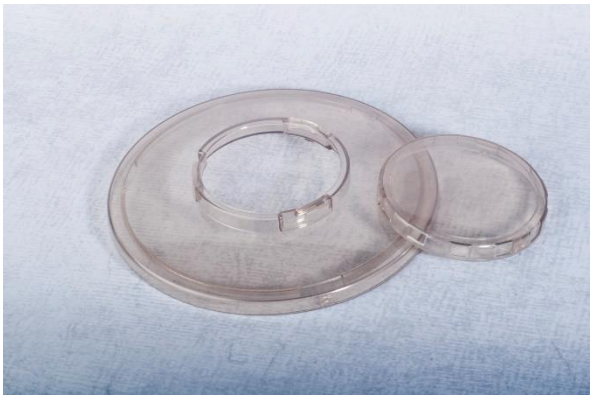
The French Whips fit completely into the bottom of the Mixing Bowl to allow all liquids to be mixed into a high volume. Their uses include whipping or creaming batters, whipping cream, and egg whites.

DO NOT use the French Whips with bread dough, cookie dough or any heavy dough.

(See page 17 for assembly and operating instructions)

Mixing Bowl

The Mixing Bowl is a durable nylon polymer that resists stains and can mix the heaviest doughs and batters. (See pages 15-18 for assembly and operating instructions)



Lid and Flour Guard

These two components, when used together, create the perfect environment for yeast breads to develop. The Flour Guard keeps the ingredients in the bowl and not on your countertop when the mixer starts. (See pages 15-18 for assembly and operating instructions)

Cookie Whips (optional)

The Cookie Whips are used to mix stiffer dough such as single batches of sugar, chocolate chip and oatmeal cookies and thick batters such as quick breads.

(NOTE) If you are doubling a recipe or if the dough is very stiff, we recommend using the dough hook and divider, as it will do a wonderful job on large batches. (See page 17 for assembly and operating instructions)

Blender (optional)

The Blender is made of extremely durable BPA-free Poly-Carbonate plastic. The hardened stainless steel blades and heavy duty motor make the Blender tough and versatile enough to crush ice and turn it into “snow”. The blender holds 6 cups of liquid, however 4 ½ cups is the maximum amount that can be blended at one time. Always use the lid to keep liquid from splashing over the sides. The blender pulse feature can also dry chop items such as fresh herbs. (See page 18 for assembly and operating instructions)

Note: The Dough Hook and Divider are used for bread, larger batches of cookie dough and any recipe using flour. The French Whips are to be used for light batters, beating, whipping and creaming. The Cookie Whips are to be used for normal-sized cookie batches.

Dough Hook and Divider

Step 1: Insert the drive shaft into the Power Drive Port (A)

Step 2: Place Mixing Bowl onto the drive shaft and lock into place by turning counter-clockwise. Place Safety Cover over the Top Drive Port (B) and lock into place.

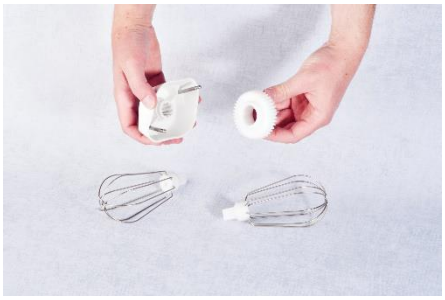
Step 3: For the Dough Hook/Divider Attachment, place Dough Divider over the center shaft of the Mixing Bowl first…

… then place the Dough Hook on top turning it until it engages with the drive shaft.

Step 4: For yeast bread dough, lock the lid onto the Mixing Bowl during the kneading process to aid in heat and moisture retention for the production of yeast growth.

(NOTE) When mixing yeast dough, if the dough is left in the bowl to rise, always unlock the lid. If the lid is left on while the dough is rising, it can break the lid if locked in place on the bowl.)

French Whips and Cookie Whips (optional)



Step 1: Insert the drive gear into the assembly housing.

Step 2: Slide each whip onto a stem and align with the drive gear teeth. Make sure the whips snap into place.

Step 3: Attach the drive shaft to the Power Drive Port (A). Place the mixing bowl over the drive shaft.

Step 4: Place the whips unit over the center mixing bowl column, turning clockwise until it catches the drive shaft.

To remove the whips, lift the whip assembly off of the drive shaft, turning counter-clockwise.

Mixing Bowl removal: Wait until the WonderMix has completely stopped moving. Push down the bowl-locking lever on the left side of the mixer. Turn the mixing bowl clockwise to remove.

Blender

Step 1: Assemble the lid by lining up the small funnel top with the notches in the cap. Lock blender assembly clockwise onto Top Drive Port (B). Place Safety Cover over the Power Drive Port (A) and lock into place. To add ingredients, remove the funnel top and drop through the opening while the blender is running.

Mixing Tips

Elongate your whips slightly by firmly squeezing each whip.

Eggs whip faster at room temperature.

Crack an egg into a separate small bowl to check for pieces of shell before adding it to the mixture.

When beating egg whites for meringue, make sure to separate all of the yolk. The whites will not whip with any traces of yolk mixed with them.

Make sure the mixing bowl is clean and completely free of oil or grease. Egg whites will not whip otherwise.

Make sure the mixing bowl is clean and wiped completely dry of water. Otherwise cream will not whip.

Boxed cake mixes need only half the mixing time listed on the package, when mixed in the WonderMix.

Blending Tips

Add liquid ingredients to the blender before the solid ingredients.

Solids should be cut into 1" cubes before processing in the blender.

Do not grind bones, pits or seeds in the blender. This might damage the blades.

To crush ice or make "snow", add 6 to 8 ice cubes only, one at a time, through the funnel top while the blender is moving.

When blending hot liquids, remove cap from the blender and pulse small amounts of the hot liquid a little at a time. It's a good idea to use a kitchen towel over the blender opening to catch the overspray and to protect you from being burned.

Bread Making Tips

Combining Ingredients: In any recipe that calls for yeast, the standard method is to "proof " the yeast in warm water in a separate, small bowl, then add to the mixing bowl with the other ingredients. With the WonderMix, just add the same amount of the flour, sweetener, salt, shortening/oil and dry yeast equal to the amount of liquid that the recipe calls for. This will give you the right temperature to grow the yeast in the mixing bowl, rather than add later. For example, if the dough recipe calls for a total of 2 cups of water, the amount of the flour, sweetener, shortening/oil and dry yeast mixture would be 2 cups as well. Any remaining ingredient amounts should be added later; just follow the recipe.

New, fresh, high quality yeast is ideal to make bread because it produces better results and makes the bread rise higher and more quickly.

Warm water registering between 120° to 140° is used in yeast development. The water then cools to 110° to 120° as the dry yeast and other ingredients are added to the mixing bowl. Any warmer and it could kill the yeast; any cooler and the yeast will not grow. Use an instant read thermometer to test the temperature of the water before adding the yeast.

Incorporating the right amount of flour into the dough is estimated in the recipe. Because flours have been milled and stored differently, their moisture content will vary. As the dough mixes, it will pull away from the sides but still stick to the dough hook when it has the perfect amount of flour incorporated. When this happens, lock the lid onto the bowl and knead the dough on SPEED 2 for 4 to 5 minutes. Do not knead longer than this because the dough will break down and get tough.

Turn the dough out onto a greased surface and grease or oil hands to form the dough into loaves etc. Do not use flour to prevent the dough from sticking; the dough needs to retain its moisture.

WonderMix Recipes

APPETIZERS & SIDE DISHES

Big John's Blender Salsa

Easy, fresh, cheap and delicious. You will never buy canned salsa again!

½ bunch green onions
½ of a 4oz. can diced green chilies
2-3 garlic cloves (or garlic salt to taste)
½ c. fresh cilantro (or ¼ c. dried cilantro)
1 28 oz. can tomatoes, diced or stewed
1 15 oz. can black beans (optional)

Put onions, chilies, garlic and cilantro in blender. Pulse a couple of times. Add tomatoes and beans and pulse a couple of times, to desired consistency.

Catharina's Pear Jello Salad

"This stuff is the Nectar of the Gods, straight from my sister's kitchen"

Drain a 15 oz. can of pears, reserving the juice. Add juice plus water to equal 2 cups of liquid. Bring liquid to a boil, remove from heat. Add a 6oz. box of any flavored jello to the liquid. Mix until dissolved. Add 10 ice cubes and 3/4 c. cold water. Chill in the refrigerator.

Blend pears and cream cheese in the WonderMix blender. Once the jello begins to set, whisk into pear/cream cheese mixture until well incorporated. Stir in a 9 oz. container of thawed whipped topping, until smooth.

Place in 9x13x2 pan or any sized bowl (or combination of bowls) or molds. Let set in refrigerator until thickened or solid.

Grandmother Huntsman's Coleslaw

1 head of cabbage
1 ½ tsp. mustard
1 Tbsp. sugar
1 Tbsp. cider vinegar
¾ tsp. salt
6 Tbsp. milk
1 c. mayonnaise
¼ onion, grated

Using the coarse drum of the food processor attachment, grate the entire head of cabbage. Set aside. Whisk remaining ingredients together into a sauce consistency. Pour sauce over cabbage and stir until well coated. Chill and serve sprinkled with raw, chopped peanuts.

DRESSINGS, DIPS & SAUCES

Buttermilk Ranch Dressing

¾ c. mayonnaise
¾ c. sour cream
¼ to ½ c. buttermilk
1 Tbsp. lemon juice
1 Tbsp. olive oil
½ Tbsp. minced fresh parsley
1 Tbsp. minced fresh chives
½ tsp. minced garlic
½ tsp. salt
¼ tsp. ground black pepper

Add all ingredients with ¼ c. of the buttermilk to the WonderMix blender. Purée for about 10 seconds to combine. Check the consistency and add additional buttermilk two tablespoons at a time for a thinner dressing. Store in a glass jar or airtight container, in the refrigerator, for 7 to 10 days.

Honey-Roasted Peanut Butter

Put one cup of honey roasted peanuts in the WonderMix blender. Pulse a few times to break up the peanuts, then blend until smooth.

Wonder Pesto

"Unbelievable taste! You can add it to anything (almost)!"

1 c. loosely packed basil leaves
2 oz. Parmesan cheese, cut into cubes
½ c. olive oil
1 clove garlic
¼ c. shelled pine nuts (or walnuts)

Put everything in the WonderMix blender. Pulse a few times to break up the nuts, then blend until smooth.

BEVERAGES

Cantaloupe Refresher

1 c. orange juice
2 c. cubed cantaloupe
2 tsp. honey
500 mg. Vitamin C (optional)
Fresh mint, for garnish

In the WonderMix blender, blend the orange juice, cantaloupe, honey and Vitamin C until smooth. Pour into chilled glasses and garnish with fresh mint.

Frozen Tropical Fruit Drink

1 ripe frozen banana
12 frozen strawberries
3 c. coconut milk
¼ c. sugar

Put coconut milk and sugar in WonderMix blender. Turn blender to SPEED 1 or 2. Add fruit one piece at a time, blending until smooth. Serve and enjoy.

Orange Julius

1/3 c. orange juice concentrate
1 c. whole milk
¼ c. sugar
½ tsp. pure vanilla
6 ice cubes

Put everything in the WonderMix blender. Pulse a few times, then blend until smooth.

BREADS

14 Grain Bread

6 c. warm water (between 120° and 130°)
4 c. 14 Grain Blend
6 Tbsp. vital wheat gluten
2/3 c. canola oil (or applesauce)
2/3 c. honey (or sugar)
2 Tbsp. salt
3 Tbsp. dough enhancer
3 Tbsp. SAF Instant Yeast
8-14 c. 100% whole wheat flour

Using the dough hook and dough divider, pulse together water, 14 Grain Blend, gluten, oil, honey, salt, dough enhancer, and yeast in the WonderMix.

Turn the dial to SPEED 2 and add whole wheat flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. Dough should be very sticky.

Knead on SPEED 2 for 4-5 minutes or until the gluten has developed. If dough is still very sticky after 4-5 minutes, add a little more flour.

Slightly oil hands and counter and turn dough out onto the counter. Divide dough with dough divider into equal size loaves.

Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350° and then turn the oven off. Put loaves in oven and let rise until doubled.)

Bake at 350° for 30-35 minutes or until the inside temperature of the bread registers 180° on an instant read thermometer. Yields 5 large loaves or 6 medium loaves.

100% Whole Wheat Bread

6 c. warm water (between 120° and 130°)
2/3 c. canola oil (or applesauce)
2/3 c. honey (or sugar)
3 Tbsp. SAF Instant Yeast
3 Tbsp. dough enhancer
3 Tbsp. vital wheat gluten
2 Tbsp. salt
12-14 c. whole wheat flour

Using the dough hook and dough divider, pulse together water, oil, honey, yeast, dough enhancer, salt and vital wheat gluten in the WonderMix.

Turn the dial to SPEED 2 and add whole wheat flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. Dough should be very sticky.

Knead on SPEED 2 for 4-5 minutes or until the gluten has been developed. If dough is still very sticky after 4-5 minutes, add a little more flour.

Slightly oil hands and counter and turn dough out onto the counter. Divide dough with dough divider into equal size loaves.

Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350° and then turn the oven off. Put loaves in oven and let rise until doubled).

Bake at 350° for 30-35 minutes or until the inside temperature of the bread registers 180° on an instant read thermometer. Yields 5 large loaves or 6 medium loaves.

Ezekiel Bread

6 c. hot water
½ c. melted butter
½ c. honey or molasses
2 Tbsp. salt
2 Tbsp. dough enhancer
3 Tbsp. SAF Instant Yeast
4 tsp. vital wheat gluten
8 c. Ezekiel Flour (to start with)

First, grind 4 -4 ½ pounds of Ezekiel mix in the WonderMill Grain Mill. Using the dough hook and dough divider, pulse together water, butter, honey, salt, dough enhancer, yeast, and gluten in the WonderMix.

Turn the dial to SPEED 2 and add Ezekiel Flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom.

Knead 7-10 minutes or until the gluten has developed. If dough begins to feel sticky, add a little unbleached flour to absorb the moisture (Note: this is more of a "batter" type dough, so it will be very soft.)

Slightly oil hands and counter and turn dough out onto the counter. Divide dough into 4 or 5 loaves.

Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350° and then turn the oven off. Put loaves in oven and let rise until doubled.)

Bake at 350° for 35-40 minutes or until the inside temperature of the bread registers 180° on an instant read thermometer. Yields 4 large loaves or 5 medium loaves.

French Bread

4 Tbsp. SAF Instant Yeast
4 c. hot water
6 Tbsp. sugar
2 Tbsp. salt
1 c. olive oil
10+ c. unbleached white flour
4 Tbsp. dough enhancer

Combine all ingredients in WonderMix bowl. Knead for 8-10 minutes. Allow dough to rise in WonderMix bowl for 10 minutes, and then punch dough down (turn on the mixer to punch dough down). Repeat 4 to 5 times. Divide dough and shape into 2 or 3 loaves. Place loaves on greased baking sheets. Slash the tops of loaves with a knife. Allow dough to rise until doubled. Bake at 400° for 30 minutes.

Not Your Mama's Cornbread

"You will want this instead of birthday cake"

1 c. butter, softened
½ c. grated cheddar cheese
1 c. sugar
1 c. flour
4 eggs
1 c. cornmeal (fresh ground tastes better! Use popcorn ground in your WonderMill)
4 oz. can diced green chilies
4 tsp. baking powder
1 15 oz. can creamed corn
¼ tsp. salt
½ c. grated Monterey Jack cheese

Using French or cookie whips, cream together butter, sugar and eggs in the WonderMix. Add remaining ingredients. Mix gently. Pour into a 9x13x2 baking dish. Preheat oven to 350°, turn down the heat to 300° and bake for approximately 1 hour.

Nutritious White Wonder Bread

"Your kids will love it and still get the nutrition and protein of wheat bread"

6 c. unbleached white flour
1 c. buttermilk powder or powdered milk
½ c. potato flour (or potato flakes)
2 Tbsp. vital wheat gluten
6 Tbsp. SAF Instant Yeast
2 Tbsp. salt
5 c. warm water (between 120° and 130°)
2/3 c. canola oil
2/3 c. honey
6 eggs

Using the dough hook and dough divider, pulse together the flour, milk, potato flour, gluten, yeast and salt in the WonderMix. Mix on SPEED 1 for about 1 minute.

Add the water, oil, honey and eggs to the dry mixture. Knead on SPEED 2 and add flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. The dough will be soft, but it won't be sticky like whole wheat dough. Knead for 4-5 minutes.

Slightly oil hands and counter and turn dough out onto the counter. Divide dough with dough divider into equal loaves.

Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350° and then turn the oven off. Put loaves in oven and let rise until doubled).

Bake at 350° for 20-30 minutes or until the inside temperature of the bread registers 180° on an instant read thermometer. Yields 3 large loaves.

**This dough also works great for cinnamon rolls or dinner rolls. Just keep the dough very soft and only bake for about 15 minutes.

Cinnamon Roll Variation

Make the Nutritious White Wonder Bread dough. Roll out dough, brush with melted butter. Sprinkle with cinnamon/sugar mixture (recipe below). Roll up dough into a cylinder shape and use floss or string to cut into 1 inch thick rolls. Place on greased cookie sheet. Brush again with butter and let raise for 15 minutes. Bake for 12-15 minutes at 350°. When cool, frost with cream cheese frosting (recipe below).

Cinnamon Mixture:

¼ c. sugar or ½ c. brown sugar 2 tsp. cinnamon

Cream Cheese Frosting:

1-8 oz. package of cream cheese
1 c. powdered sugar
2 tsp. grated orange peel
2 Tbsp. butter, softened
1 Tbsp. plus 1 tsp. orange juice

Whole Wheat Tortillas

"You will think you just crossed the border!"

1 ½ c. warm water
1 egg
1/3 c. canola oil
1 tsp. salt
1 tsp. baking powder
3-5 c. whole wheat flour

Mix everything together in the WonderMix, using dough hook and dough divider. Start with only 3 cups whole wheat flour and then add flour, a little at a time, until dough gathers together into a soft ball. Knead for several minutes until the gluten develops.

Turn dough onto a floured surface. Roll into balls the size of a large golf ball. Cook on a dry, hot skillet (or an electric tortilla maker) until tortilla is dry and speckled brown.

Place in a towel to keep soft and warm. Yields about 24 medium tortillas.

BREAKFAST

Blender Pancakes

"These pancakes will make any father look like a good cook!"

1 ¼ c. water or milk
1 c. wheat (or 14 Grain Blend Mix)
¼ c. dry milk (optional)
1 egg
2 Tbsp. canola oil
1 Tbsp. honey (or sugar)

½ tsp. salt

1 Tbsp. baking powder

Mix water, wheat and milk in the WonderMix blender for 3 minutes. Add egg, oil, sugar and salt and blend for 20 seconds. Add baking powder- pulse 3 times. Cook immediately on a hot, oiled griddle.

Grandma Elaine's Granola

"Nutty, sweet and healthy!"

10 c. rolled oats
2/3 c. water
1 Tbsp. salt
2 c. brown sugar
6 c. rolled wheat
1 Tbsp. vanilla
1 ½ c. canola oil
2 c. nuts or sesame seeds
2 c. wheat germ
2 c. shredded coconut

Using the flaker mill attachment, roll 10 cups oat groats and 6 cups of wheat. Mix oats, wheat, wheat germ, brown sugar, nuts/sesame seeds and coconut together. Set aside. Mix salt, oil, water and vanilla together. Add to dry ingredient mixture. Bake at 300° for 1 hour, stir every 15 minutes to avoid burning.

Hootenannies

(German Pancakes)

"Now these are just plain awesome!"

6 eggs
1 c. milk
½ tsp. salt
1 c. flour
1 cube of butter

Combine eggs, milk and salt in the WonderMix blender. Add flour and blend thoroughly. Melt butter in an 8" or 9" cake pan. Pour mixture on top. Bake 25 minutes at 425°. Serve with syrup (recipe below.)

Syrup:

1 Tbsp. lemon juice
½ c. honey
Heat together in a saucepan.

2/3 c. butter

Big John's "MOVIN'" Bran Muffins

"These are the best Bran Muffins you will ever taste!"

2 c. bran
1 c. water
½ c. canola oil
1 ½ c. sugar
2 beaten eggs

2 c. buttermilk
2 ½ tsp. baking soda
2 ½ c. flour
½ tsp. salt

Boil water. Pour water over 1 cup of bran in a large bowl. Set aside. In another bowl, mix together buttermilk and baking soda and add to bran mixture.

Using the French whips, beat together oil, sugar and eggs in the WonderMix. Add flour, salt and the other cup of bran. Add buttermilk/bran mixture. Mix everything together until it turns to a batter consistency.

Cook in paper-lined muffin tins at 400° for about 15 minutes. Yields about 30 muffins.

**Note: batter can be stored in refrigerator for up to 6 days.

MAIN DISHES

Cheesy Potatoes

6-7 large potatoes or 1 ½ bags "Simply Shreds"
2 cans cream of chicken soup
2 Tbsp. butter
2 c. sour cream
½ c. green onion, chopped
1 ½ c. cheddar cheese, grated
Salt to taste

Peel potatoes. Boil potatoes until cooked but firm (since they will continue to cook in the oven). Using the coarse drum of the food processor attachment, grate the boiled potatoes, or skip the first two steps and use "Simply Shreds". Mix remaining items together and heat so that cheese melts. Pour sauce over potatoes and stir. Put in 9x13x2 pan. Refrigerate several hours before cooking so that flavors blend. Put 1 cup crushed corn flakes on top (optional). Bake at 350° for 1 hour.

Mari Carmen's Spanish Gazpacho

(Cold Tomato-Based Raw Vegetable Soup)

"When my daughter Brittany lived in Spain for a couple of years, her landlady Mari Carmen would make a big bowl of this wonderful soup and serve it with big hunks of fresh Spanish Bread. We love you Mari Carmen!"

2 – 2 ½ lbs. tomatoes
½ loaf French bread soaked in 4 c. water
1 cucumber, chopped
¼ c. olive oil
1 green or Anaheim pepper, chopped
¼ c. vinegar
¼ - 1/3 onion
Salt and pepper to taste
1-2 garlic cloves

Blend everything together in the WonderMix blender. Serve chilled. (Note: to get the full flavor, allow gazpacho to sit in the fridge for a few hours.)

Parmesan Pesto Pasta

Quick & Easy!

3 c. durum or semolina flour
½ c. plus 2 Tbsp. pesto
2 large eggs
½ c. milk
1 tsp. salt
¼ c. butter
½ c. grated Parmesan cheese
¼ tsp. black pepper

Boil 4 quarts of water.

While water is boiling, add flour, pesto, eggs, milk, ½ tsp. salt and ½ cup water to the WonderMix. Using the dough hook and dough divider, mix ingredients until smooth.

Turn down the heat on the boiling water.

Using the meat grinder attachment (with the blade removed) on the WonderMix, press dough through the attachment. Cut off noodles in sections and place in boiling water. As the noodles cook (about 2-3 minutes), they will rise to the top of the water. (Noodles should be *al dente*, firm yet tender). Gently stir and then place in a strainer to drain.

Melt butter, parmesan cheese, pepper and 1/2 tsp. salt in a non-stick skillet over medium heat. Stir in the noodles and heat through. Makes 5-6 servings.

Steak and Bacon Burgers

"You will be the Master at the BBQ"

3 lbs. boneless sirloin steak
12 slices fully cooked bacon
Fresh garlic
Fresh onion
Morton *Nature's Seasons* seasoning

Cut the steaks into 1 inch sections. Using the WonderMix Meat Grinder Attachment, grind a piece of steak with each slice of bacon, one at a time. Grind in a couple chunks of fresh garlic and fresh onion. After everything is ground, mix the mixture (with clean hands) in a bowl. Season with Morton Nature's Seasons. Form into patties. Grill and enjoy!

COOKIES

Aunt Sophie's Cream Cheese Cookies

"Aunt Sophie always had friends when she made these!"

1 c. shortening (do not use oil)
3 oz. cream cheese, softened
2 Tbsp. grated orange zest
2 c. flour
1 c. chocolate chips
1 c. sugar
2 eggs
2 tsp. vanilla
1 tsp. salt

Using cookie or French whips, cream together shortening, cream cheese, sugar, eggs and vanilla. Replace whips with dough divider and dough hook. Add remaining ingredients and mix until cookie dough forms. Bake at 350° for 10-12 minutes on ungreased cookie sheet.

Chocolate Chip Wonder Cookies

"Wow! Just plain wow!"

Adapted from *The New York Times'* Best Chocolate Chip Cookie Recipe

These cookies are BEST if the dough can be set aside in the refrigerator for at least 24 hours and up to 72 hours

Yield: 1 ½ dozen 5" cookies

2 c. minus 2 Tbsp. cake flour
1 2/3 c. bread flour
1 ¼ c. light brown sugar
1 c. plus 2 Tbsp. sugar
1 ¼ tsp. baking soda
1 ½ tsp. baking powder
2 large eggs
2 tsp. vanilla
1 ½ tsp. coarse salt
2 ½ sticks unsalted butter
1 ¼ lbs. semi-sweet chocolate disks (found in bulk at grocery stores such as Winco - or if you can't find disks, use the largest chocolate chips you can find)
Sea salt

Sift flours, baking soda, baking powder and salt into bowl. Set aside. Fitting the mixer with the cookie whips, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla. Reduce to SPEED 1, add dry ingredients and mix until just combined, 5 to 10 seconds. Drop chocolate pieces in and try to incorporate them without breaking the pieces. Press plastic wrap against dough and refrigerate for 24 to 72 hours.

When ready to bake, preheat oven to 350°. Line a baking sheet with parchment paper or a nonstick baking mat. Set aside. Scoop 6 3 ½ oz. mounds of dough onto baking sheet, tucking chocolate pieces into cookies. Sprinkle lightly with sea salt and bake until golden brown but still soft, 13 to 15 minutes.

Transfer sheet to wire rack for 10 minutes, then slip cookies onto another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated or frozen, for baking remaining batches.

JACE'S "GINGERBREAD FOR BOYS AND COOKIES"

"Jace Johnson was the best teacher of 8 year olds in the world! She spent countless hours of her own time teaching us everything from how to make Gingerbread boy cookies to how to cook over a fire. She even taught us little facts like how a bee produces just one teaspoon of honey in its whole lifetime. Jace Johnson will be remembered by her loving students forever. Thanks Jace!"

We will always love you! Love John, David and Eric

1 c. boiling water
1 c. dark, full-flavored molasses
1 c. butter, softened
2 c. sugar
6 c. flour
2 rounded tsp. baking soda
2 tsp. cinnamon
1 tsp. ginger

Put boiling water and molasses in the WonderMix. Add butter (chopped into pieces) and sugar. Mix using the cookie whips. Set aside.

Sift together flour, baking soda, cinnamon and ginger. Turn on the WonderMix to SPEED 2 or 3 and add dry flour mixture, one cup at a time, until combined.

Let dough sit overnight in the fridge (it handles much better if it sits overnight).

For gingerbread boys: Roll dough out onto a floured surface until about ¾ inch thick. Sculpt with your hands or use a cookie cutter.

For gingerbread cookies: Roll dough into golf-ball sized balls. Roll in sugar.

Place on greased cookie sheet. Cook at 350° for 9-10 minutes.

World's Best Sugar Cookies

"Seriously the best sugar cookies that will ever touch your lips"

1 1/3 c. butter, softened
2 eggs
1 1/3 c. sugar
1 ½ tsp. vanilla
4c. flour
3/4 tsp. baking soda

Put butter, eggs, sugar, baking soda and vanilla in the WonderMix. Cream together, using the cookie whips. Add the flour, one cup at a time, until dough forms.

Divide into 2 balls. Roll into logs about the size of a paper towel roll (1 ½ inches in diameter). Wrap each log in wax paper or plastic wrap and refrigerate for about an hour.

Slice into ½ inch thick slices. Bake at 350° for 11-12 minutes. Frost cookies when cool.

FROSTING:

1 cube of butter, softened
4 oz. cream cheese, softened
6-7 c. powdered sugar
Dash of salt
4 oz. (½ can) evaporated milk
1 tsp. almond flavoring
1 tsp. coconut flavoring

Put all ingredients in the WonderMix. Using the French whips, mix frosting until smooth.

DESSERTS

Arlene's Lemon Poppy Seed Bundt Cake

"Easy, moist and delicious"

1 lemon cake mix
½ c. canola oil
1 pkg. (4 serving size) lemon instant pudding
1 c. water
4 eggs
3-4 Tbsp. poppy seeds
1 tsp. vanilla

Using French whips, mix together all ingredients in the WonderMix. Pour into well-greased Bundt pan. Bake at 350° for 25-30 min. Sift powdered sugar over the cake when cooled.

Aunt Cathie's Devil's Food Cake

"Easy, simple and delicious, straight from my sister's kitchen!"

1 pkg. Duncan Hines Devil's Food Cake Mix
1 ¼ c. water
1 pkg. (4 serving size) chocolate instant pudding
½ c. canola oil
4 large eggs
½ c. Duncan Hines Creamy Home-style Frosting

Preheat oven to 350°. Grease and flour Bundt pan. Using French whips, combine cake mix, pudding mix, eggs, water and oil in the WonderMix. Beat on SPEED 2 for 2 minutes. Pour into Bundt pan. Bake for 50-60 minutes or until toothpick inserted in the center comes out clean. Cool in the pan for 25 minutes. Invert onto heat resistant serving plate. Cool completely. Heat frosting in small bowl in microwave on high, 10-15 seconds. Drizzle over cake.

Grandma Elaine's Banana Bread

"Our family favorite"

½ c. shortening (do not use oil)
1 c. sugar
2 eggs
½ tsp. salt
4 ripe bananas
1 tsp. baking soda
2 c. flour
¾ c. walnuts (optional)

Using the French whips, cream together the shortening, eggs, bananas and sugar. Add remaining ingredients and mix thoroughly. Bake in greased loaf pans at 350° for 35-45 minutes, or until a toothpick comes out clean. This recipe will make 3 small loaves or 1-2 medium/large loaves.

One Egg White Meringue

Put one egg white in the WonderMix. Using the French whips, whip the egg white until it forms soft peaks. One egg white yields about 1 ½ cups of meringue.

One Minute Wonder Mousse

"Your friends will think you're French when you serve this"

2 pkgs. (4 serving size) any flavor instant pudding
3 c. milk (2% or whole)
2 c. whipped topping

Put milk and pudding in the WonderMix. Using the French whips, beat the pudding mixture for one minute. Gently pulse in the whipped topping, just until mixed. Garnish with homemade whipped cream (recipe follows) and shaved chocolate (shaved in WonderMix Food Processor attachment).

Whipped Cream

"You can put this on anything. Except brussel sprouts…"

1 c. heavy whipping cream
1 Tbsp. sugar
1 tsp. pure vanilla

In the WonderMix bowl, whip cream with French whips until soft peaks form. Add vanilla and sugar and beat mixture until stiff.

Venna Smart's Apple Crisp

"When Grandma made this, everyone showed up!"

1 c. flour
1 unbeaten egg
1 c. sugar
1/3 c. canola oil
1 tsp. baking powder
6-7 apples
Dash of salt
Cinnamon

Mix dry ingredients together. Crack the egg into the dry mixture and stir around without beating the egg. Place the mix on top of the apples (slice the apples using the slicing drum of the food processor attachment). Pour oil over the top. Sprinkle with cinnamon. Bake at 400° for 45 minutes.

GLUTEN FREE RECIPES

Almond Flour Pumpkin Bread

"Gluten free and delicious"

1 c. blanched almond flour
¼ tsp. salt
½ tsp. baking soda
1 Tbsp. cinnamon
1 tsp. nutmeg
½ tsp. ground cloves
½ c. canned pumpkin
3 Tbsp. sugar
3 large eggs

Using the French whips, combine almond flour, salt, baking soda and spices in the WonderMix. Add pumpkin, sugar and eggs and pulse for 2 minutes. Scoop batter into a mini loaf pan. Bake at 350° for 35-45 minutes (or until inserted toothpick comes out clean). Cool and serve. Yields one small loaf.

Brazilian Cheese Puffs

"Gluten-free cheesy goodness"

2 c. tapioca pearls (to grind into 2 c. flour)
2 eggs
1 cube of butter
2 c. Cotija cheese, crumbled
4 c. Monterey Jack cheese, grated
1 Tbsp. sugar
1 pinch salt

Place small grain attachment into WonderMill. Turn mill setting to "bread" and turn on the mill. Pour tapioca pearls into the hopper of the WonderMill. Once all of the pearls have gone down through the holes on the small grain attachment, turn off the machine.

Place 2 cups tapioca flour and remaining ingredients together in the WonderMix. Mix everything together using the dough hook and dough divider. Dough will be pretty crumbly.

Form dough into balls. Place on cookie sheet lined with a baking mat or tin foil. Place in oven (not preheated). Turn oven on to 350° for 10 minutes and then turn to broil for 5 minutes (or until just lightly browned on the tops).

**You can store the dough for a week in the fridge- just wrap in plastic wrap and cover with a damp cloth. It will be a little stiff when you take it out of the fridge to bake, but it will soften as you work it with your hands for a few minutes.

Chef Brad's Gluten-Free Rice Bread

"You will never find rice bread like this in the store"

6 ½ c. rice flour
5 tsp. Xanthum Gum
3 tsp. salt
1 c. dry milk powder
6 Tbsp. sugar
6 eggs
½ c. canola oil
3 ½ c. water
2 tsp. cider vinegar
4 ½ tsp. SAF Instant Yeast

Preheat oven to 400°. Combine ingredients in WonderMix bowl, using dough hook and dough divider (use only half the flour with the yeast on top). Begin mixing, adding flour until dough cleans sides of bowl. Knead for 6 minutes (dough will be like a thick batter).

Divide into 3 loaves and let rise in loaf pans, sprayed with nonstick spray, until doubled in size. After placing bread in oven, drop temperature to 325°. Bake 20-25 minutes or until the inside temperature of the bread reaches 180° on an instant read thermometer.

Dutch Almond Wafers

"A gluten-free delight"

½ c. butter, softened
¼ c. palm shortening (or regular shortening)
½ c. evaporated cane juice (or white sugar)
¼ c. coconut palm sugar (or brown sugar)
2 tsp. pure vanilla
2 large eggs
½ tsp. baking soda
¾ tsp. salt
1 tsp. cinnamon
3 c. blanched almond flour

Line a cookie sheet with parchment paper.
Using the French whips, mix together the butter, shortening, cane juice (or white sugar), and coconut palm sugar (or brown sugar) in the WonderMix, until creamy. Add the vanilla and eggs, mix well. Mix in the baking soda, salt and cinnamon. Add the almond flour, once cup at a time, mixing well after each addition.

Topping:

¼ c. coconut palm sugar (or white sugar)
2 tsp. cinnamon

Roll the dough into golf-ball sized rounds, and then roll to coat in the sugar topping mixture. Drop the coated dough onto parchment paper lined cookie sheet, about 3 inches apart.

Bake at 350° 11-13 minutes, until golden brown. (Note: dough balls may run together while cooking. Don't worry! Just cut the wafers apart with a knife.)

Allow to cool for a couple of minutes on the cookie sheet and then transfer wafers to a wire rack to finish cooling. Enjoy!

Make Your Own Almond Flour:

Make your own fresh, delicious almond flour by using blanched almonds sliced or whole. Simply attach the slicer-shredder attachment and use the finest drum blade. In minutes you will have gluten-free, fabulous almond flour at half the price of store bought.